

# Perbedaan Frekuensi Konsumsi Tinggi Gula, Garam, dan Lemak (GGL) Sebelum dan Saat Pandemi COVID-19 pada Siswa SMA Terpilih di Kabupaten Lampung Barat Tahun 2020 (Analisis Data Sekunder Tahun 2020) = Differences in the Frequency of High Sugar, Salt and Fat Consumption Before and During the Covid-19 Pandemic in Selected High School Students in West Lampung Regency in 2020 (Secondary Data Analysis 2020)

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## Abstrak

Pandemi Covid-19 juga memberikan banyak pengaruh terhadap adopsi perilaku Afina Khoirunnisa Hidayat pada remaja yang melibatkan konsumsi makanan tinggi gula, garam dan lemak (GGL) meningkat. Penelitian ini bertujuan untuk melihat perbedaan frekuensi tinggi GGL sebelum dan saat pandemi Covid-19 pada siswa SMA. Desain penelitian yang digunakan dalam penelitian ini adalah cross sectional. Variabel dependen meliputi frekuensi konsumsi tinggi gula (cake/roti/donat/kue basah, minuman kopi, soft drink dan minuman kemasan), frekuensi konsumsi tinggi garam (chiki/snack, mie instan, makanan kalengan dan frozen food) dan frekuensi konsumsi tinggi lemak (French fries, fried chicken, burger/kebab/hotdog, pasta, makanan bersantan, makanan berlemak, tahu goreng, tempe goreng, ubi/sukun/pisang/cempedak/singkong goreng, perkedel/bakwan, risoles/panada/pastel, roti goreng dan kerupuk/keripik) serta variabel pendukung yaitu karakteristik individu dan karakteristik keluarga. Hasil analisis univariat menunjukkan rata-rata terjadi penurunan frekuensi konsumsi pada siswa SMAN 1 Liwa dan SMAN 2 Liwa, hanya dua variabel yang mengalami kenaikan konsumsi yaitu minuman bersoda dan makanan kaleng. Perbedaan frekuensi konsumsi tinggi gula, garam dan lemak sebelum dan saat pandemi Covid-19 yang signifikan ditemukan pada frekuensi cake/roti/donat/kue basah (p-value=0.001) konsumsi minuman kopi (p-value=0.045), minuman kemasan (p-value=0.000), minuman bersoda (p-value=0.000), Snack/chiki (p-value=0.000), makanan kaleng (p-value=0.000), kentang goreng (p-value=0.000), fried chicken (p-value=0.004), burger/kebab/hotdog/pizza (p-value=0.000), pasta (p-value=0.000), makanan bersantan (p-value=0.005), rendang/jeroan (p-value=0.006), tahu goreng (p-value=0.000), tempe goreng (p-value=0.000), risoles/panada/pastel (p-value=0.001) dan kerupuk (p-value=0.012).

.....The Covid-19 pandemic has also had a lot of influence on the adoption of comfort eating behavior in adolescents which involves increasing consumption of foods high in sugar, salt and fat (GGL). This study aims to see the difference in the high frequency of GGL before and during the Covid-19 pandemic in high school students. The research design used in this study was cross sectional. The dependent variables include the frequency of high consumption of sugar (cake/roti/donat/kue basah, minuman kopi, soft drink dan minuman kemasan), the frequency of high consumption of salt (chiki/snacks, mie instan, makanan kaleng and frozen food) and the frequency of high-fat consumption (French fries, fried chicken, burger/kebab/hotdog, pasta, makanan bersantan, makanan berlemak, tahu goreng, tempe goreng, ubi/sukun/pisang/cempedak/singkong goreng, perkedel/bakwan, risoles/panada/pastel, roti goreng dan kerupuk/keripik) as well as supporting variables, namely individual characteristics and family characteristics. The results of the univariate analysis showed that on average there was a decrease in the

frequency of consumption in SMAN 1 Liwa and SMAN 2 Liwa students, only two variables experienced an increase in consumption, namely soft drinks and canned food. Significant differences in the frequency of high sugar, salt and fat consumption before and during the Covid-19 pandemic were found in the frequency of cake/roti/donat/kue basah (p-value=0.001) konsumsi minuman kopi (p-value=0.045), minuman kemasan (p-value=0.000), minuman bersoda (p-value=0.000), Snack/chiki (p-value=0.000), makanan kaleng (p-value=0.000), kentang goreng (p-value=0.000), fried chicken (p-value=0.004), burger/kebab/hotdog/pizza (p-value=0.000), pasta (p-value=0.000), makanan bersantan (p-value=0.005), rendang/jeroan (p-value=0.006), tahu goreng (p-value=0.000), tempe goreng (p-value=0.000), risoles/panada/pastel (p-value=0.001) dan kerupuk (p-value=0.012).